

Updated	Wesley Congregate Meal Menu for January 2015		CLOSED HAPPY NEW YEAR!	Ham Slice Cauliflower with peppers Sweet potato Strawberry Applesauce Peanut butter cup 1 Slice of Bread
5  Cincinnati Chili Spaghetti Shredded Cheese Peas and carrots Apple crisp 1 Slice of bread	6  Salisbury Steak Brown Gravy Vanilla pudding Lima beans Raisins Strawberry Banana Juice	7  Stuffed Shells w/ Meat sauce Vanilla Pudding Mixed Greens Tomato Juice Raisin 1 Slice of bread	8  Grilled chicken breast BBQ sauce Mac & cheese Broccoli Cereal bowl Orange Cup/Fresh fruit	9  Meatloaf/Brown gravy Carrot slices Mashed potato Graham crackers Cranberry juice/peanut butter cup 1 Slice of bread
12  Pork Ribs Grits Mixed greens Wax beans Apple juice 1 Slice of bread	13  Country fried steak/gravy Mashed potato Succotash Grape Juice Fresh fruit 1 Slice of bread	14  Meatballs & gravy Egg noodles Corn Green beans Cereal bowl / pear cup 1 Slice of bread	15  Spaghetti & meat sauce/parm Spinach Broccoli Orange cup Fresh Fruit 1 Slice of bread	16  Chicken teriyaki White rice Broccoli Animals cookie Fresh Fruit Grape juice
19  Taco meat w/Cheese White rice Black beans Diced tomato Shortbread cookie Orange Cup 1 Slice of bread	20  Turkey Mett w/ kraut Mashed potato Green bean Cranberry juice Fresh bean Fresh fruit 1 Slice of bread	21  Sloppy Joe German Potato Salad Winter veg mix Cereal bowl/mixed fruit cup Grape juice/peanut butter cup 1 Slice of bread	22  Lasagna Roll / Meat sauce Mixed greens Peach crisp Peanut butter cup Fresh fruit 1 slice of bread	23  Breaded Chicken parm Marinara Linguini Tapioca pudding Wax beans Chez it's / Fig cookie Cranberry juice 1 Slice of bread
26  BBQ Pork Shredded Cheese Brown rice Corn Fig cookie / mixed fruit cup Apple juice	27  Turkey w/ stuffing Gravy Mashed sweet potato Corn Grape juice Fresh Fruit 1 Slice of bread	28  Beef Crumbles w/ gravy Brown rice Diced tomato Lima beans Chez it Fresh Fruit 1 Slice of bread	29  Pork Chop w/ onion gravy White rice Peas Pear cup Cranberry juice 1 Slice of bread	30  Breaded chicken breast Spinach Black beans Cereal bowl Orange fruit cup 1 Slice of bread